

VISION

SAN FRANCISCO
ART AND FOOD

#6



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CROWN POINT PRESS
2019

VISION #6: ART AND FOOD.

Since 1975, I have edited and Crown Point Press has published VISION, an occasional journal. This issue, *ART AND FOOD*, 2019, is the sixth in the series; the fifth is dated 1981.

For VISION #1: *California*, 1975, twenty-three artists each contributed two pages. A partial list includes Eleanor Anton, Larry Bell, Chris Burden, Bruce Conner, Terry Fox, Howard Fried, Robert Irwin, Paul Kos, Linda Montano, Bruce Nauman, Ed Ruscha, Wayne Thiebaud, and William T. Wiley. All the participants lived at the time in the San Francisco Bay Area or in Los Angeles.

VISION #2: *Eastern Europe* is dated 1976. It includes 21 artists from Yugoslavia, Hungary, Czechoslovakia and Poland; most of them were unknown in the U.S. at that time. A few names, recognizable now, are Marina Abramovic and Braco Dimitrijevic from Yugoslavia and Tadeusz Kantor from Poland. I believe this issue was the first published book in the West about the contemporary underground art movement in Eastern Europe.

VISION #3: *New York City*, also was published in 1976. In it, 13 artists each designed several pages. Vito Acconci, Carl Andre, Chuck Close, Hans Haacke, Sol LeWitt, Claes Oldenburg, and Lawrence Weiner are some of the contributors. Walter De Maria's contribution was an original artwork: seven pages of buff-colored paper with his name on the 7th page.

VISION #4: *Word of Mouth*, is dated 1980. It is a boxed set of six phonograph records, produced as white vinyl discs rather than the usual black. Each record holds two artists' talks on each side. We recorded the talks at a conference on the island of Ponape in the Pacific Ocean, where the artists, their spouses, and our VISION staff traveled for this project. The participating artists are Marina Abramovic, Laurie Anderson, Chris Burden, Daniel Buren, John Cage, Bryan Hunt, Joan Jonas, Robert Kushner, Brice Marden, Tom Marioni, Pat Steir, and William T. Wiley.

VISION #5: *Artists' Photographs*, 1981, is a boxed set of 56 unbound reproductions of photographs provided by artists from 16 countries. The artist-list includes Christo, Richard Long, Dorothea Rockburne, Richard Tuttle and 52 more.

VISION #6: *Art and Food*, 2019, contains recipes and images from 19 artists in San Francisco. We are "foodies" here. Many cultural experiments have begun in San Francisco: beatniks, hippies, free-speech, gay culture, health consciousness, the digerati and now foodies (we are the gourmet ghetto of the U.S.). California Cuisine was invented in Berkeley at Chez Panisse in the 1970s.

I wish to thank Kathan Brown, founder of Crown Point Press, for publishing and editing my text; Valerie Wade, director of the Press, for having the idea to do another issue of VISION; and Sasha Baguskas for helping me with the design and assembly of the publication. Thanks also to the Pacifico Beer Company for allowing me to promote their beer free of charge.

—Tom Marioni



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SAN FRANCISCO ARTISTS' RECIPES

Michael Brennan

Brad Brown

Enrique Chagoya

John Chiara

Howard Fried

Peter Gutkin

Diane Andrews Hall

Doug Hall

Mildred Howard

Paul Kos

Tom Marioni

Andrew McClintock

Susan Middleton

Gay Outlaw

Laurie Reid

Kent Roberts

Alice Shaw

Catherine Wagner

John Zurier

The Artists

by Tom Marioni

Michael Brennan, designer of bars and restaurants (I can relate to that), is also a painter of bold images; they jump off the wall. His recipe is for biscotti that his grandmother made for him. He paints a portrait of her that touches my heart because I remember my Italian grandmother making my favorite food: spinach ravioli.

Brad Brown, gentleman artist, makes collages that he works on for years. They are always in a state of flux, and can cover an entire wall. Here, he continues his work in collage using a mixture of painters' materials that include olive oil and tea. The title, *Love Gasoline* shows the influence of Marcel Duchamp, who referred to one of the elements in his *Large Glass* as "love gasoline."

Enrique Chagoya, man about town, is a political artist who uses elements of culture as subjects for his paintings. The American icon Mickey Mouse, for example, is juxtaposed in a painting by Chagoya with pre-Columbian imagery. Here, he mixes cultures and makes a Mexican/Italian frittata hot breakfast.

John Chiara, surrealist, takes large scale pinhole photographs using the inside of his van or a large box as a camera. His images are moody and one-of-a kind. Chiara exposes them directly onto photo paper without a negative, then cuts them out with a razor in a more-or-less rectangular shape so they become pictures as objects. He gives us a poetic description of tomatoes, and how to prepare them in Budapest, Hungary, where he was as this project went to press.

Howard Fried, magician, is an artist of my generation, a conceptual artist who makes complex multimedia installations. He sometimes uses hesitation as a way of taking his work right up to the finish line. Here he has a recipe for making pizza in prison on a hand-made stove made of found materials. The stove becomes an assemblage sculpture.

Peter Gutkin, the man with a hat, is a minimal polychrome sculptor and perfectionist designer in the Bauhaus tradition. He makes furniture pieces that he signs as works of art. His recipe here is for a holiday drink that he makes every year.

Diane Andrews Hall, landscape painter, has painted songbirds on sheet music for her last show. I give her the best compliment I can give an artist: I wish I had thought of that. Here, she cooks spiced apples with sugar and brandy.

Doug Hall, anthropologist, actor and multimedia conceptual artist, uses photography as his medium. Here, he has an assistant cook red meat in a doomsday machine.

Mildred Howard, gardener and subtle political artist, makes sculpture installations that tell stories without words. She is preparing small fried smelt fish, and a sculpture of a hand that throws the tiny fish into the hot oil.

Paul Kos, the ice man, has made fire from an ice lens, and in a Zen exercise, has recorded the sound of ice melting that is not audible. He is a country boy from Wyoming, an artist of my generation. In this case, he is working on his recipe for angel hair pasta cooked *al dente* with Rocky Mountain oysters.

Tom Marioni, editor of this publication, is all over the map in art and in travels. That's why I am making an international sandwich here. Forty-five years ago I was big in Yugoslavia; now Yugoslavia is no longer a country. A local art critic (who is no longer with us) once described me as "a semi-legendary figure in San Francisco."

Andrew McClintock, cool guy, is a new generation conceptual artist multimedia sculptor, and publisher. He gives us a recipe for psychedelic mushrooms that will make you more creative and funny.

Susan Middleton, explorer, is a famous photographer of endangered animals and plants; I asked her what she would do if an endangered animal was eating an endangered plant. She places shrimp and vegetables into lettuce leaves and gives us a beautiful image of a shrimp that looks like a painting.

Gay Outlaw, that's her real name, is a chef, gourmand, and a sculptor who uses glass and other common materials in her art. Beginning early in her career, she also has made food into art and art out of food. Her recipe here, although made of food, is not to be eaten. It should be applied to an injured part of the body and allowed to heal overnight.

Laurie Reid, painter of space and light, uses gravity and chance to mark her paintings with subtle colors. For this project she makes a large cracker with herbs and her art looks like a napkin.

Kent Roberts, architect, urban landscape sculptor, builder, and exhibition designer, has made boats, planes and bridges as sculpture. When I saw his charcoal drawing of a grill for cooking a perfect hamburger, I thought it looked like one of his works of public art. It's abstract, and also it is a perfect rendering of a detail in a grill for cooking.

Alice Shaw, queen of ordinary photography who evolved into a conceptual photographer. Her subjects have humor and poignancy and make a point. She did

a series she titled “People Who Look Like Me.” Here, she makes Mexican cookies for a social celebration.

Catherine Wagner is a conceptual photographer with a love of order. Her shadowy series called *Traces of Morandi* seems to turn photography into painting, yet she photographs everything, especially multiple objects in industrial situations, almost as a scientific experiment. She makes a curry dish that looks like a real eating experience.

John Zurier, leading man, makes near-monochrome paintings about light, weather effects and color. Here he gives a recipe for a cake using his pallet of colored frosting. The cake, itself, is a painting.

On the cover of *Vision* #6 is an artichoke, the state vegetable of California. Castroville, California is called the artichoke capital of the world. The artichoke is the only vegetable that you have more of after you have finished than when you started.

It’s been 38 years since our last issue of *Vision* magazine. This one is just for San Francisco.

It is dedicated to Wayne Thiebaud, who is a 98-year-old painter and comedian. I told him this issue of *Vision* is right up his alley, but he was unable to participate because of my deadline. He is traveling in Europe for some exhibitions he is having there. In the early ‘60s in New York Thiebaud became an overnight success for his paintings of pies, cakes and ice cream cones; he is our own California pop artist. I asked him, “Do you still play tennis every day?” He said, “I hit the ball if it comes to me.”



Wayne Thiebaud, *Chocolate Pie, State II*, 1964/2008.
Woodcut, edition 10. © 2019 Wayne Thiebaud
Licensed by VAGA at Artists Rights Society
(ARS), NY

BISCOTTI

6 cups Flour to start - add more if needed after all ingredients are added.

6 well beaten eggs

1 $\frac{1}{2}$ cups sugar

2 cubes butter (softened)

6 tsp. Baking Powder, 1 tsp. Baking Soda

1 tsp. salt

1 small can milk

2 tsp. vanilla

3 tsp. Rum extract

3 tsp. Anise Extract

1 jigger of Whiskey

1 $\frac{1}{2}$ cups chopped nuts (walnuts or almonds or mixed nuts can be used)

3 tsp. Anise seed

grated rind and juice of 1 lemon (or orange)

Cream butter & sugar, add beaten eggs. Add 1 cup of flour with the Baking Powder, Baking Soda & salt. Then alternate milk with small amt. of flour gradually, adding rest of ingredients then nuts. Add more flour to make a stiff enough dough to roll out. Mix with hands if dough is too stiff to handle. Take out a small amt. of dough and roll out on floured board to fit in pan, ~~about~~ about 2 inches in circumference and long enough to fit in greased pan. Brush top with beaten egg. Place in 350 oven for about 30 to 40 minutes. Remove from pan and cool slightly. Slice diagonally with a sharp knife and place slices cut side up back in pan ~~and~~ and brown to a delicate brown; about 10 min on each side. Place on brown paper to cool.

GOOD LUCK.

I enjoyed talking to you and Ed on the phone yesterday. It was a wonderful surprise. I do hope to see you both Xmas.

Love

Wonie



Love Gasoline

(fuel for looking)

Ingredients:

linseed oil, olive oil, walnut oil, motor oil, poppy seed oil, safflower oil, sunflower oil, stand oil, and a dollop of oil paint.

Combine any, or all, ingredients in a transparent glass bottle and allow to age for months, years, decades.

Uses:

Keep in bottles around the studio as a silo of stored potential.

Release on paper as a liberated gesture.

Mix with other studio materials as a condiment.



“Rajas con Papas” and Eggs.

Sauté 2 Poblano peppers (sliced, seedless and deveined) and a red potato thinly sliced with chopped onions and garlic until onions are a bit brown, potatoes and peppers cooked. Salt/pepper to taste.

Mix with scrambled eggs or frittata (see photo) with halves of cherry tomatoes and Mozzarella cheese (sausage optional).



Hungarian Style Tomato Salad

This Hungarian side dish consisting of tomatoes cut, then soaked for hours in brine, can be incredible. It is typically served to accompany the heavy meat entrées in Hungary where it acts as both a palate cleanser and even a digestif.

The tomatoes you can get in Hungary, like many locations in Europe during the summer, are fantastic. My colleague Sándor Szász, a surrealist painter, speaks passionately about the older varieties from this region: “Man these deep, dark purple ones you find from Transylvania —I cut them into thick steaks and devour them. Come on!” The truth is, you might have to search far and wide to find tomatoes deserving such passion. By taking certain steps, this dish can sing with even good quality “vine ripened” store-bought tomatoes during tomato season. “Come on!” as Sándor would say.

Ingredients:

1 vine of tomatoes - washed, 1 cup of water, 1 tbs of sugar, 2 tbs of white wine vinegar, salt, white pepper, and olive oil to taste - garnish with spring onion and basil leaves

To make the brine, steep the leafy tops of the tomatoes cut from the vine in piping hot water for 2 minutes to make a green earthy tea. Don’t worry, this won’t kill you. Mix the sugar with 1 cup of the tea. When it cools down add the vinegar.

Larger tomatoes should be cut into eighths. Liberally salt the tomatoes, mix, and then let sit in a bowl. The salt takes away bitterness and brings out more of the sweet tomato flavor. Sprinkle with white pepper and pour in the brine until the liquid comes two-thirds from covering the tomatoes. Toss and set in the refrigerator for at least an hour.

When ready to serve, taste the tomato brine to see if it needs any adjustments. It should have a real zing to it, where the salt, sugar and vinegar really make the tomato flavor pop. Drizzle with olive oil, garnish and serve. You might be tempted to drink the briny tomato seed punch directly from the bowl.



Prison Pizza

While Richard prepares lunch Peg asks what he used for an oven in prison. He explains that he made an oven rack by tying wire between the legs of a steel stool a few inches from the floor. He unrolled a roll of toilet paper rerolling it onto his arm then sliding it off and bending its top and bottom edges inward he made a donut shaped toilet paper presto log. He traded a carton of cigarettes to someone who worked in the metal shop to make a stainless steel pan that fit on the wire oven rack. The assembled pizza was set on the pan and over it he placed an inverted cookie tin. The toilet paper donut is placed under the wire rack on the concrete floor after it is lit from the inside of its hole.



Richard Simmons with Suzanne Foley as Peg Weiss, *The Museum Reaction Piece*, 1980

NOCINO

Introduced to me by an Italian friend, NOCINO is made from green un-ripened walnuts, brown sugar and a clear unflavored alcohol. Walnuts are picked in mid-June and cut into quarters, placed in a large jar with brown sugar and alcohol. It's then stored in partial shade until mid December when it's time to filter and put in bottles. With hints of coffee and chocolate flavors it is best served chilled.



BAKED APPLES (Pick them Before the Birds Do)

Choose your apples. Find a baking dish that will accommodate your apples, big or small, and about 2 inches high.

Preheat your oven to 350°.

Scoop out the core but leave the bottom intact.

Fill the cored apples with a few small cubes of butter, and about a TBSP of sweetener per apple (maple syrup, honey, brown sugar, or whatever). Add a pinch or two of your favorite spices, such as, cinnamon, nutmeg, all spice, clove, cardamom and/or ginger. Always add a pinch of salt.

Pour about an inch of liquid around the apples. Use water, fresh apple cider and maybe a splash of Bourbon or Brandy.

Bake at 350° until tender, about 40 to 45 minutes.

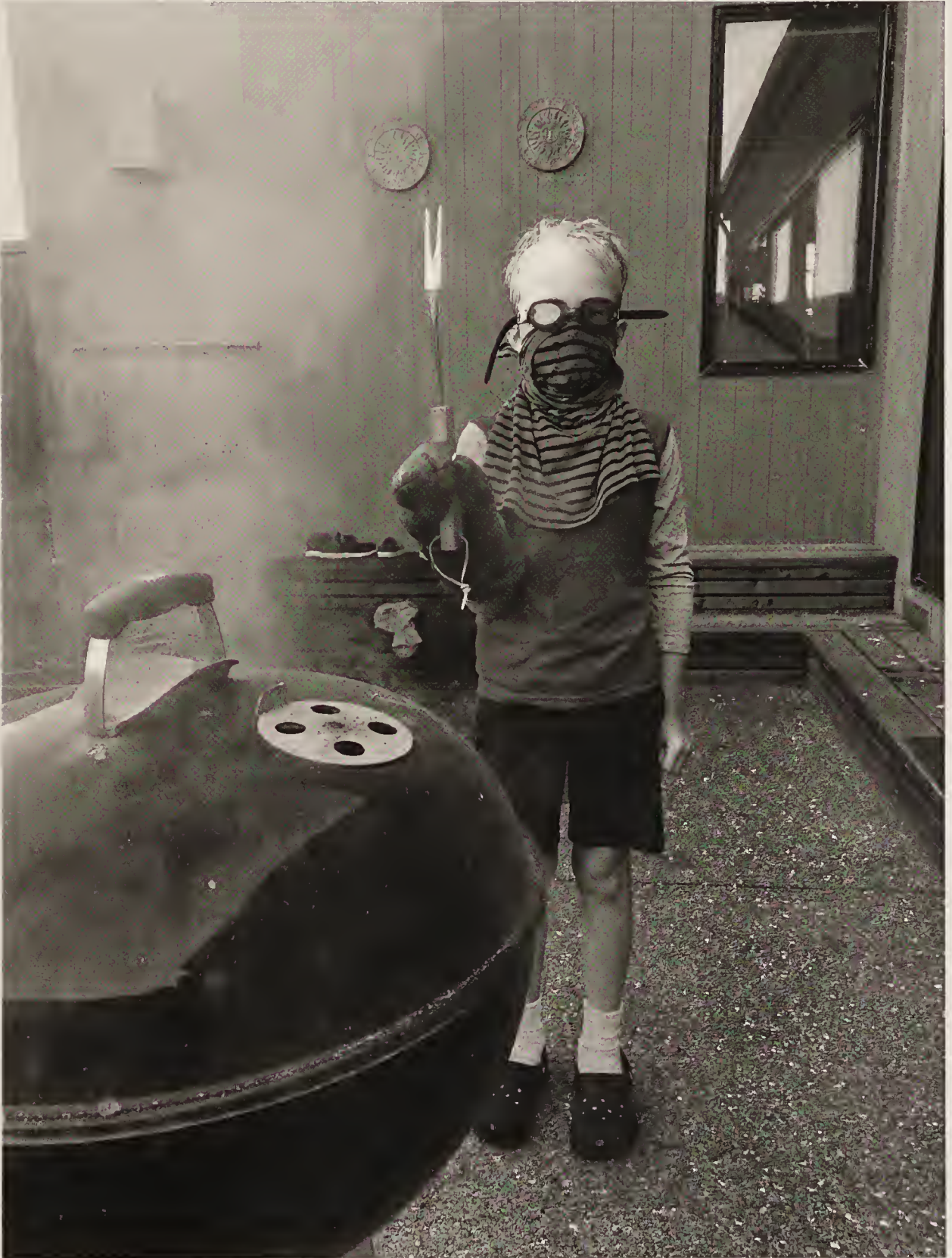
Check at half an hour to make sure there is still liquid in the bottom of the baking dish. If not, add more liquid.

Serve warm with ice cream or heavy cream. Yum!



The Fine Art of Grilling Steaks

As important as it is to have the grill at a sufficiently high temperature, to not overcook the steaks, and, most crucially, to prevent the fat from igniting them into flaming torches, it is equally important when cooking with briquets (gas grills are for amateurs) to don the requisite safety gear as demonstrated below by assistant chef, Atticus Hall.



Fried Smelt

2 lbs of smelt, heads removed, gutted and rinsed with cold water. Pat dry. Approximately 36 smelt to a pound.

1 cup cornmeal

1/2 cup corn flour

1/4 cup white flour

Whisk in the following spices to the above ingredients

1T Salt

1.5T Black Pepper

1-2t Cayenne Pepper

2T Garlic Powder

3T Paprika

- Peanut, grape seed or canola oil
- sprinkle additional salt and garlic powder dip in milk or egg batter, lightly sprinkled over fish fifteen minutes before tossing it into the cornmeal mixture.

Equipment:

- Use one of the following. Cast iron Dutch oven, 3" deep skillet or deep fryer. All will work. I go back and forth between using a cast iron Dutch oven and electric deep fryer.

- Long handle stainless steel spider spoon for removing fish from hot oil

- If using a Dutch oven or skillet fill with oil to 1/2 to just under 3/4 full and heat to 375°. If using a deep fryer fill with oil to the indicated mark in the fryer.

Baking pan with wire rack insert to hold fish once fried

Fry:

Shake a handful of smelt at a time and place into hot oil for about six to eight minutes. Remove from hot oil using the spider handle spoon or basket. Place on to baking sheet with rack and repeat until all fish is fried.

Serve with tartar sauce or the following:

1/2 cp Catsup

1T of balsamic vinegar

Couple of dashes of Tabasco Sauce



Switchin' in the Kitchen, From Dakar to Détroit & the Mississippi Delta, 2012

*Angel Hair Pasta &
Rocky Mountain Oysters*

Ingredients:

*2 tablespoons of butter
Sage
Lamb oysters
1 lemon
Angel hair pasta
Salt and pepper*

Preparations:

*Cook pasta al dente
When pasta is almost ready, melt butter in skillet
Add sage
Sauté lamb oysters in sage butter
Salt and pepper to taste
Lemon juice to garnish*



International Sandwich

Russian Jewish bread toasted.

French Dijon mustard.

Polish pork sausage.

Swiss Cheese.

Italian prosciutto.

Iceland iceberg lettuce.

Greek olives 2 on the top.

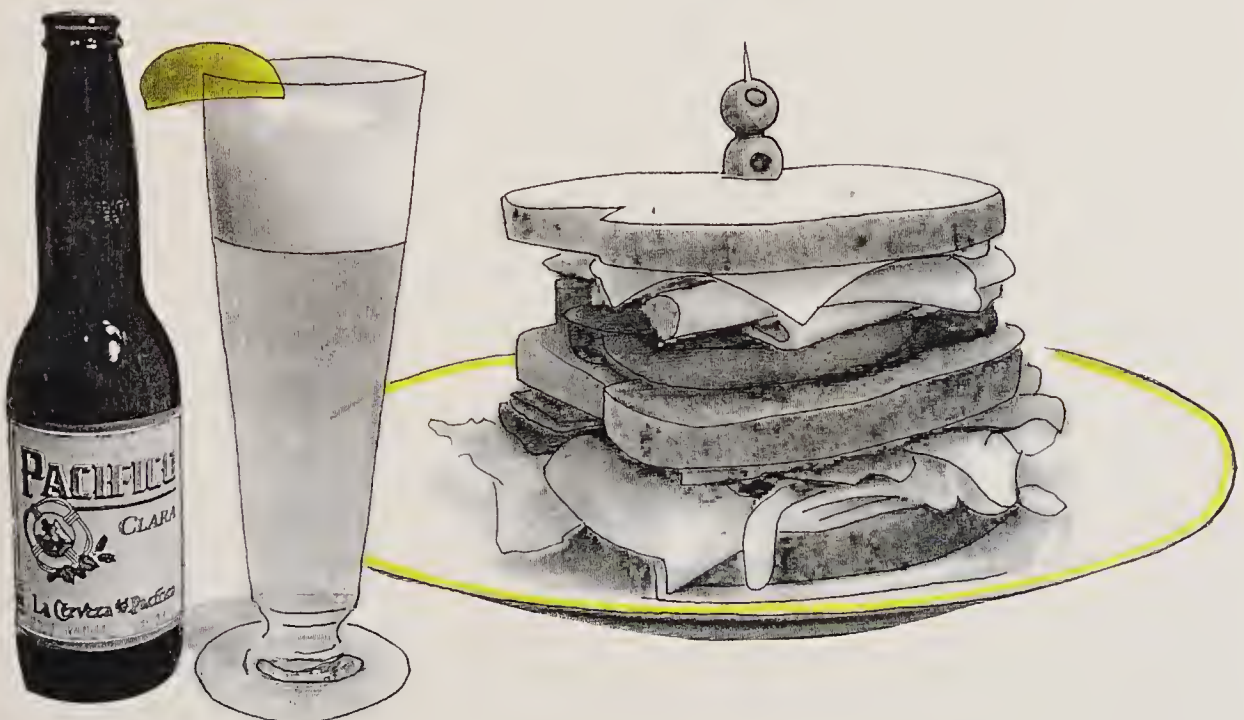
American heirloom tomatoes.

Japanese toothpick in the sandwich.

Czechoslovakian Pilsner glass for beer.

Mexican Pacifico beer with California lemon.

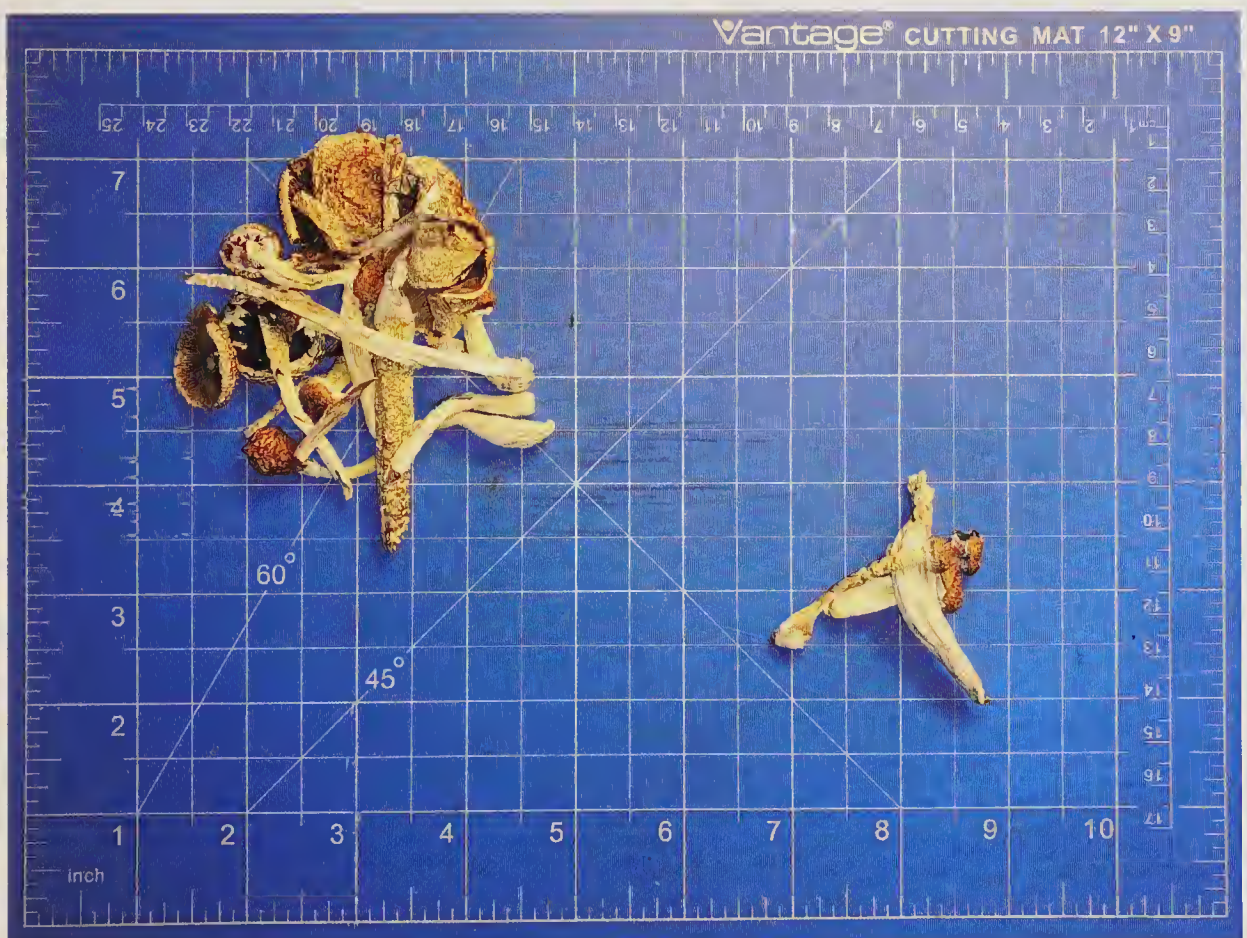
China plate with yellow trim for the sandwich.



Instructions for micro dosing on psilocybin.

1. Use a scale to measure out between .02 and .05 grams of high quality psilocybin.
2. Eat.
3. Repeat multiple times in a week for 3 weeks to receive full benefits.

Good for: Laughter, thinking conceptually, relief from pressures of society, lifting anxiety and depression.



Shrimp Lettuce Wraps

fresh shrimp

cucumbers

carrots

avocado

butter lettuce

cilantro

Newman's Sesame Ginger dressing

peanut butter

Salt and pepper the shrimp, sauté. Slice thin cucumbers, carrots, avocado.

Position leaves of butter lettuce on a plate with sliced carrots, cukes, avocado, and cilantro.

Mix Newman's Sesame Ginger dressing with peanut butter and shake.

Wrap ingredients in lettuce leaves and serve with dressing.



Poultice for Sprained Ligaments and Tendons, or Bruises

(as told to me by Virginia Yao)

My friend Virginia's mom had a saying: if you want to have an injury for life, put ice on it.

Instead, she put a poultice on it. Virginia taught me the following recipes for a liniment, which can be applied on its own, and a poultice, which goes on at bed-time and works while you sleep. The ingredients can be bought from a Chinese herbalist.

Liniment: 金耳环

Put the stems and leaves in a dark glass jar and cover with any kind of whiskey (100-120 proof) for at least two weeks, but up to many years.

Poultice: 木支子

Finely crush with a mortar and pestle and coat with flour. Moisten with egg whites and liniment until stiff and sticky and pack around the injury. Wrap tightly with Saran and remove in the morning.



You Decide Crackers

1½ cups flour (any kind)

1 t salt

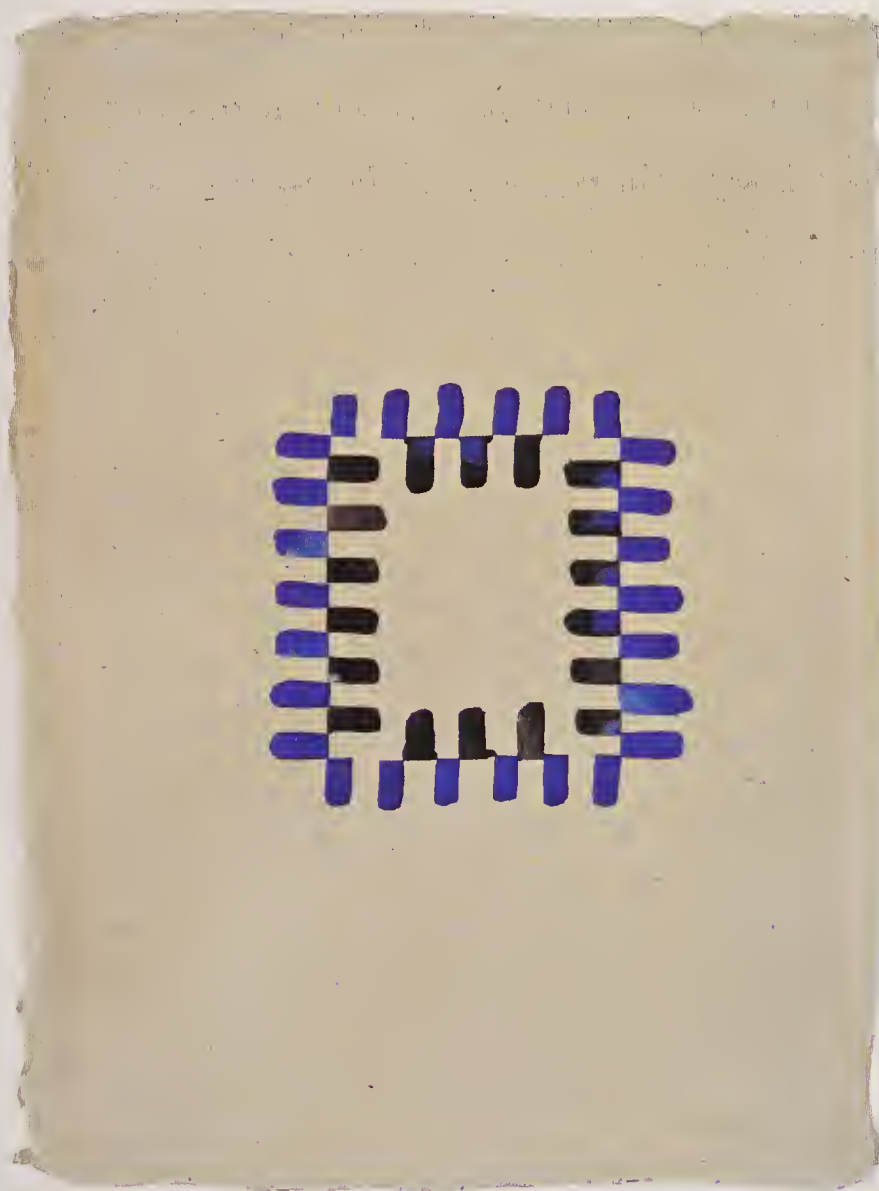
1 t sugar (or honey, or maple syrup?)

1 T chopped fresh herbs and/or seeds (options, options, options)

1½ T olive (or other) oil

½ c water

Combine all ingredients. Roll out on parchment paper to 1/8" thick. Prick all over with a fork. Cut into any shape(s). Bake at 425 for 12-17 min.



Grilled Hamburgers

Mix 1½ pounds ground (grass fed) beef, coarse 80% lean and ½ pound ground lamb

Add ½ diced sautéed red onion

Season with salt, pepper and New Mexican red chili pepper

Gently separate into 4 to 6 parts

Form into 3½ inch patties

Do not handle too much, should not be packed too dense

Indent top of each patty with your thumb

Stack charcoal in pyramid and light in outdoor grill

Prepare yourself your favorite beverage

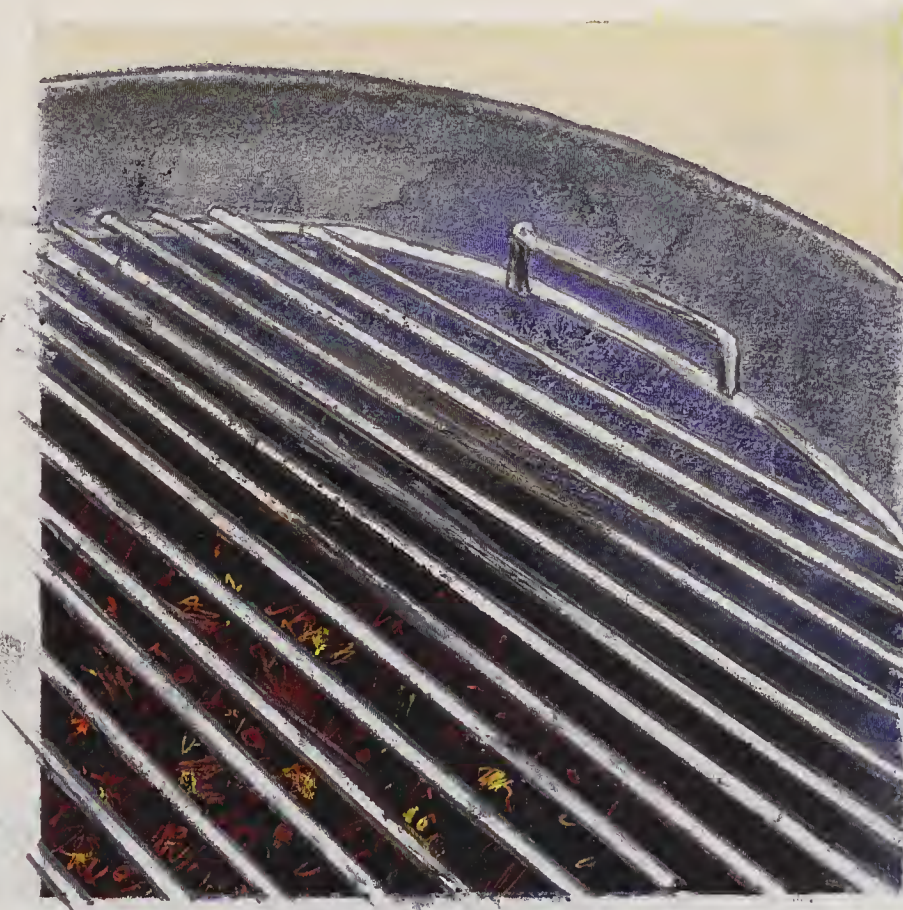
Make sure your guests have drinks so you can concentrate on grilling

Place patties on grill when charcoal is glowing, not flaming

Refrain from moving patties on grill

Cook each side for 4 minutes

Serve with toasted sesame seed brioche buns and assorted garnishes



Mexican Wedding Cookies

1 cup butter

1/3 cup white sugar

2 teaspoons water

2 teaspoons vanilla extract

2 cups all-purpose flour

1 cup chopped pecans or walnuts

3-5 tablespoons confectioners' sugar

Preheat oven to 325 degrees F (165 degrees C).

In a medium bowl, cream together the butter and sugar until smooth. Beat in the water and vanilla. Stir in the flour and pecans until well blended. Cover dough and chill for at least four hours.

Shape dough into walnut sized balls. Place 2 inches apart onto unprepared cookie sheets.

Bake for 18 to 20 minutes in the preheated oven, until golden. Roll in confectioners' sugar after cookies have cooled.



Catherine's Spicy Curry

1 large yellow onion
2 shallots
ghee and olive oil
3 heaping tablespoons spicy Patak's
Original curry paste
5 heaping tablespoons of curry powder
36 ounces stock (vegetable, chicken, or
fish)
1-2 jalapeno or other spicy pepper

3 cups baby kale or spinach
2 red bell peppers
1 cup diced carrots
1 medium eggplant
1 lemon
Assorted vegetables
Protein of choice (chicken, tofu, vegetables,
prawns et.al.)

Dice onion, shallots, and jalapeno. Sauté on medium/low heat in ghee and olive oil until translucent.

Put 3 heaping tablespoons of curry paste into the sauté and 5 tablespoons of curry powder. Mix together until blended. If it is too thick add a little more ghee and a bit of olive oil.

Add 16 ounces of either chicken, fish or vegetable stock to the mixture based on what protein you will add to your curry. Bring to a boil, then simmer.

Add your vegetables as well as another 16-20 ounces of stock. Begin with a diced eggplant, which can be used to thicken the curry if you would like. For an even thicker roux, I add pre-riced cauliflower at the same time as the eggplant. Add red bell peppers for color and taste, and 2 heads of spinach or baby kale.

Add the juice of a whole lemon, and a few teaspoons of ghee to smooth everything out.

Let simmer for an hour + so the vegetables absorb all of the curry flavor.

About 20 minutes before you serve, add protein. Times vary based on protein choices.

Serve over organic high-quality rice.

When serving, provide a series of condiments for guests to add to their curry: currants, toasted almonds, cilantro, green onions, sliced cherry tomatoes, toasted coconut, chutneys, Maldon salt, diced hard boiled eggs, chopped jalapenos, cucumber raita.



MEMORY OF A POINT REYES BIRTHDAY CAKE, OCTOBER 18, 1971

It's all color and surface.

Use your favorite homemade Angel Food and Butter Cream Frosting recipe.

Make color tests with small amounts of frosting: a mix of red and blue, some green, and a spot of yellow.

Scrape thinly.

Pipe circles of stars.

Leave breathing space.

Fill center with roses.



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Published by Crown Point Press, San Francisco, 2019
Printed in an edition of 1000 in the United States
ISBN: 978-1-891300-27-1

Crown Point Press
20 Hawthorne Street
San Francisco, CA 94105
crownpoint.com

